

NKA PM Seminar Fall 2011 Seminar #6: Insight Meditation

- 1. Segment 1: Welcome and Introduction [10 Minutes]**
 - a. Review – Via Dolorosa**
 - b. Overview of Today's Seminar**
- 2. Segment 2: Ancient Mystery Traditions**
 - a. 1800 BCE in Egypt**
 - b. Training centers all over the globe**
 - c. Fragments of the training survive**
 - i. The Odyssey**
 - ii. The Iliad**
 - iii. The Aeneid**
 - iv. Pre-Socratics**
 - d. 2 complete training systems survive**
 - i. Plato's Dialogues**
 - ii. The Buddha's Noble Eightfold Path**
 - e. Several modern systems**
 - i. Alchemy**
 - ii. Hermetics**
 - iii. Masons**
- 3. Segment 3: Socrates and Plato**
 - a. Aletheia - Being is revealed in the clearing**

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b. The Forms [Ideas]

c. The Phaedo – A Philosopher ‘Practices Death’

i. Melete Thanatou [μελέτη θανάτου]

ii. Cf. St. Paul ‘I die every day.’ 1 Corinthians 15:31]

1. apothnēsko ἀποθνήσκω

d. The Republic – The Myth of Er [Ἡρ]

4. Segment 4: Rene Descartes

a. Discourse on the Method

b. The Passions of the Soul

5. Gottfried Wilhelm Leibniz

a. Monads

6. Segment 5: David Hume

a. An Enquiry Concerning Human Understanding

7. Segment 6: Immanuel Kant

a. Critique of Pure Reason

8. Segment 7: Hans Vaihinger

a. The Philosophy of ‘As If’

b. Examples of Fictions:

i. Legal Fictions

1. Person/Corporation

ii. Mathematical Fictions

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1. Geometric Forms: Triangle

2. Imaginary numbers

3. Infinity

iii. Scientific Fictions

1. The Structure of the Atom

i. Niels Bohr and his Planetary Model

ii. Louis de Broglie and his Electron Cloud

Statistical Model

iv. Philosophical Fictions

1. Body v. Soul

2. Res Extensa v. Res Cogitans

3. Windowless Monads

4. The Thing-In-Itself

v. Psychoanalytic Fictions

1. Ego/Id/Superego

2. Collective Unconscious

9. Segment 8: Edmund Husserl

a. Cartesian Meditations

b. Sixth Cartesian Meditation

10. Segment 9: Karl Popper and John C. Eccles v. Patricia Churchland and Francis Crick

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- a. The Self and Its Brain: An Argument for Interactionism**
- b. How the Self Controls Its Brain**
- c. Neurophilosophy: Toward a Unified Science of the Mind/Brain**

11. Segment 10: Buddhist Jhanas

- a. The Path of Serenity and Insight: An Explanation of the Buddhist Jhānas**
 - i. First Absorption or epoche: Elimination of unwholesome thoughts and feelings, production of joy and bliss**
 - ii. Second Absorption: elimination of applied and sustained thought, absence of discursive thought, production of rapture**
 - iii. Third Absorption: Fading away of rapture, production of equanimity and mindfulness**
 - iv. Fourth Absorption: disappearance of pleasure and pain, dwells in neither pain-nor-pleasure, mind and body fallen off**
 - v. Fifth Absorption: Base of Boundless space**
 - vi. Sixth Absorption: Base of Boundless consciousness**
 - vii. Seventh Absorption: Base of Nothingness**
 - viii. Eighth Absorption: Base of Neither perception nor non-perception**

12. Segment 11: Review and Q&A